



## OB APPOINTMENTS

**8 Weeks – Initial visit with your physician's nurse.** At this visit, you will receive information about office fees and policies. This is an important visit because much of your medical history will be obtained, especially information about previous pregnancies. Your blood will be drawn and a urine culture will be taken at this visit.

**10-12 Weeks – New OB Visit.** At this visit you will have a physical exam, a Pap smear if you are not current, and cervical cultures. An Ultrasound will be performed to confirm gestational age. We will discuss Prenatal Screening tests that may be recommended for your pregnancy, including testing for birth defects or genetic disorders. Some of this testing may be performed by St. Luke's Maternal Fetal Medicine and requires a referral from our office.

**16 Weeks – This is a routine OB visit where we should be able to hear the fetal heartbeat.**

**20-22 Weeks – Routine OB visit and Ultrasound with the Ultrasound Technician.** An Ultrasound will be done for fetal growth and development. You will need to have finished drinking 30 ounces of water one hour prior to exam time and do not use the bathroom before your appointment time.

**24 Weeks – Routine OB visit.** A glucose drink will be sent home with you along with instructions. You will be required to drink this prior to arriving for your next visit.

**28 Weeks – Routine OB visit and glucose testing.** Please follow the directions on the glucose bottle. You may eat a regular diet. It is very important that you arrive on time for your visit. This is a timed blood test to determine if your body is able to regulate your glucose levels. If this test is abnormal, you may be required to have additional glucose testing.

**32-36 Weeks – At one of these visit you will have cultures done for Group B Strep.** This is an organism that can be responsible for pneumonia or meningitis in babies. If your cultures reveal the presence of Group B Strep, you will receive an antibiotic when you are in labor.

**37 Weeks – Delivery – You will have a visit every week.** You may have cervical exams to determine if you are ready for labor.

**Postpartum** – After your delivery, you will need a 6 week postpartum visit for a physical exam and to discuss birth control. If you have had a cesarean section, you will need to schedule a 2 week follow up appointment as well as a 6 week postpartum visit.

### Office Hours

Our office hours are 8-4 pm Monday through Thursday and 8-3pm on Friday. We are closed on the weekends. If you need to reach a doctor after hours, please call (208) 338-8900, press 8 and further instructions will be given.

### Call Schedule

We try to deliver our own patients however this is not always possible. Women's Health Associates share call coverage with other Doctors.